



## Preventing Illness through Hygiene and Sanitation



Poor sanitation can cause you to get sick. Prevent illness by keeping yourself and your surroundings as clean as possible.

### Personal Cleanliness

- Wash your hands often, especially before eating, and after going to the toilet and diapering the baby.
- Keep your body clean by taking a daily bath. If water is a problem, take a pan bath. You can also shower in the rain.
- Wash your hair at least once or twice weekly.
- If nursing a baby, wash your breast before feeding the baby.
- If your baby is on formula, use clean bottles and nipples.
- Bathe baby daily. Wipe its bottom when changing diapers.
- Baking soda can be used to brush your teeth and as a deodorant. Also use it for baby's heat and diaper rash.

### Clean Equipment

- Use clean utensils. Wash dishes in water with chlorine bleach in it.
- Inspect bedding. Remove soil, and keep the bedding as clean as possible.
- Clean up spills quickly to keep bugs and ants away.

### Garbage and Waste

- Use a chemical or portable toilet if available. If not, dig a latrine or use a covered bucket.
- Wear shoes to prevent diseases and protect against cuts and punctures.

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